

Physical Education & Mind Body Health

PHED 129a: Cardio Group Fitness

Instructor: Julie Sprague

Office: PED 209

Office Hours: By appointment

PE Department Phone: 213-740-2488

Where to Meet

For the first class session please meet In Front of the Lyon Center.

Course Description:

This course is an introduction to the components of physical fitness through aerobic training. Aerobic cross training activities will be incorporated: circuit training, interval training and high intensity interval training (HIIT). Additional activities may include running on the track, stairs and gym workout sessions.

Course Objectives:

To gain knowledge and understanding of:

1. The five components of physical fitness.
2. Basic anatomy, exercise physiology and wellness principles.
3. The importance of cardiovascular exercise as a lifestyle.

To learn and develop the following skills:

1. Set and accomplish personal fitness goals.
2. Assess and improve fitness level.
3. Develop an individual fitness program.

Physical Education Department Objectives:

- 1. Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**
 - Recognize the physical and mental benefits of increased activity
 - Understand anatomy and basic biomechanical principles and terminology
- 2. Student will be exposed to a variety of activities providing them the opportunity to:**
 - Apply learned fundamental skills

- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem
- Participate in active learning to stimulate continued inquiry about physical education, health, and fitness

3. Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Create a safe, progressive, methodical, and efficient activity-based plan to enhance improvement and minimize risk of injury
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

Textbook:

Bishop, J.G. Fitness through Aerobics. (9th Edition) Pearson Benjamin Cummings, 2014.

Blackboard: <http://blackboard.usc.edu>

Class information will be posted. We will use resources posted on Blackboard™ in addition to the course textbook.

Participation/Performance: Timely and consistent attendance is imperative in order to improve overall physical fitness and obtain supplemental information of course lecture notes. If you are tardy and/or leave early, you will only receive partial credit for attending class. Active participation is also a large determinant of your final grade. Class COVID guidelines will be discussed.

Grading Policy and Evaluation Criteria:

200 Total Points

Cognitive=100 points

50% 100 Pts.

Final 50 Pts. 25%

Midterm 50 Pts. 25%

Psychomotor 50% 100 Pts.

Active Participation 60 Pts. 30%

Fitness Profiles 20 Pts. 10%

Performance Test 20 Pts. 10%

Grading Scale: A (94+%), A- (90-93%), B+ (87-89%), B (84-86%), B- (80-83%), C+ (77-79%), C (74- 76%), C- (70-73%), D+ (67-69%), D (64-66%), D- (60-63%), F (0-59%)

180 – 200 points = A 160 – 179 points = B 140 – 159 points = C 120 – 139 points = D Below 120 points = F

PASS/NO-PASS , Pass = greater or equal to 140 points *Plus and minus grades will be issued accordingly

Statement on Academic Conduct and Support Systems

Academic Conduct:

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct>.

Support Systems:

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call. Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255. Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call. Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center. For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086. Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support. Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs. Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710. Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

USC Emergency Information. Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime. Provides overall safety to USC community. dps.usc.edu

Diversity at USC. Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Cardio Group Fitness - COURSE OUTLINE*

Discussed and handed out during first class meeting.